Mindfulness Based Stress Reduction (MBSR)

**WHEN:** Tuesdays, April 2 through May 21 from 6:00 pm until 8:30 pm, with an all-day retreat on Saturday, May 11 from 9:00 am until 4:30 pm.

**WHERE:** ECS 510

MBSR is designed to cultivate our ability to tap into internal wisdom, wholeness, and healing. Participants will practice mindfulness in a variety of forms, bringing non-judgmental attention to thoughts, feelings, and emotions. The class involves experiential learning and open dialogue around individual experiences. MBSR was originally developed by Dr. Jon Kabat-Zinn at UMASS Medical School as a program supporting overall mind-body health and wellbeing. The class involves a brief orientation via phone or email conversation with the instructor, 8 weeks of class for 2.5 hours each, a day-long retreat, and weekly home practice activities.

**INSTRUCTOR:** Kara Traikoff has been a part of the DU community for 10 years. She teaches undergraduate Wellness courses and leads weekly guided meditations for the Employee Wellness Program. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life.

**COST:** $50.00. We are accepting checks as payment for this event. Please bring a check (written to the University of Denver) to class on the first day.

**REQUIRED:** Yoga Mat

**SUGGESTED:** Meditation Cushion (Chairs will be provided)

**REGISTER [HERE](#).**

**NOTE:** Registration is limited to 25 participants. Registration will be closed once we reach that number.

**ADDITIONAL QUESTIONS:** Email the instructor, Kara Traikoff at: kara.traikoff@du.edu